

WHAT IS CLAIMED IS:

1. An apparatus for promoting movements of a subject, comprising:

a synergic programs module that directs said movements in a temporally varying fashion, wherein said synergic programs module causes generation of at least one signal, stimulus, or force, wherein said movements are performed in response to said at least one signal, stimulus, or force, wherein timing of said movements is based on at least a primary correlation factor that is determined so that said movements are synchronized with referential points of an intrinsically variable cyclical physiological activity.

2. The apparatus of claim 1, wherein each of said at least one signal, stimulus, or force is determined so as to reduce meaning and or emotional content to said subject.

3. The apparatus of claim 1, wherein each signal and stimulus is from a pool that comprises signals and stimuli that are sensorially understandable or recognizable by said subject.

4. The apparatus of claim 1, wherein said movements comprise at least one of:

- (i) all of said subject's body;
- (ii) one or more parts of said subject's body; or
- (iii) any living system or any parts thereof, or any non-living object or any parts thereof, for which said movements produce a sensorial effect on afferent pathways of said subject's body.

5. The apparatus of claim 1, wherein each signal and stimulus is selected using a quasi-random function.

6. The apparatus of claim 1, wherein each of said at least one signal, stimulus, or force is determined so as to reduce direct and associative meaning and/or emotional content to said subject.

7. The apparatus of claim 1, wherein at least one of initiation and termination of each movement is based on said at least one signal, stimulus, or force.

8. The apparatus of claim 1, wherein said movements comprise changes in state of movement of said subject.

9. A method of promoting movements of a subject in a temporally varying fashion, comprising the steps of:

(1) determining timing of said movements based on at least a primary correlation factor so that said movements are synchronized with referential points of an intrinsically variable cyclical physiological activity; and

(2) causing generation of at least one signal, stimulus, or force according to said timing, wherein said movements are performed in response to said at least one signal, stimulus, or force.

10. The method of claim 9, wherein each of said at least one signal, stimulus, or force is determined so as to reduce meaning and/or emotional content to said subject.

11. The method of claim 9, wherein each signal and stimulus is from a pool that comprises signals and stimuli that are sensorially understandable or recognizable by said subject.

12. The method of claim 9, wherein said movements comprise at least one of:

- (i) all of said subject's body;
- (ii) one or more parts of said subject's body; or

(iii) any living system or any parts thereof, or any non-living object or any parts thereof, for which said movements produce a sensorial effect on afferent pathways of said subject's body.

13. The method of claim 9, wherein each signal and stimulus is selected from said pool using a quasi-random function.

14. The method of claim 9, wherein each of said at least one signal, stimulus, or force is determined so as to reduce direct and associative meaning and/or emotional content to said subject.

15. The method of claim 9, wherein at least one of initiation and termination of each movement is based on said at least one signal, stimulus, or force.

16. The method of claim 9, wherein said movements comprise changes in state of movement of said subject.

17. An apparatus for promoting movements of a subject, comprising:

a synergic programs module that directs said movements in a temporally varying fashion, wherein said synergic programs module causes generation of one or more triggers, wherein said movements are performed in response to said one or more triggers, wherein timing of said movements is based on at least a primary correlation factor that is determined so that said movements are synchronized with referential points of an intrinsically variable cyclical physiological activity.

18. The apparatus of claim 17, wherein said one or more triggers comprise at least any combination of signals, stimuli, or forces

19. The apparatus of claim 17, wherein each trigger is determined so as to reduce meaning and/or emotional content to said subject.

20. The apparatus of claim 17, wherein said one or more triggers comprises any combination of signals and stimuli, wherein each signal and stimulus is sensorially understandable or recognizable by said subject.

21. The apparatus of claim 17, wherein said intrinsically variable cyclical physiological activity is related to said subject.

22. A method for promoting movements of a subject in a temporally varying fashion, comprising the steps of:

(1) causing generation of one or more triggers based on at least a primary correlation factor that is determined so that said movements are synchronized with referential points of an intrinsically variable cyclical physiological activity; and

(2) directing said movements in accordance with said triggers.

23. The method of claim 22, wherein said one or more triggers comprise at least any combination of signals, stimuli, or forces

24. The method of claim 22, wherein each trigger is determined so as to reduce meaning and/or emotional content to said subject.

25. The method of claim 22, wherein said one or more triggers comprises any combination of signals and stimuli, wherein each signal and stimulus is sensorially understandable or recognizable by said subject.

26. The method of claim 22, wherein said intrinsically variable cyclical physiological activity is related to said subject.